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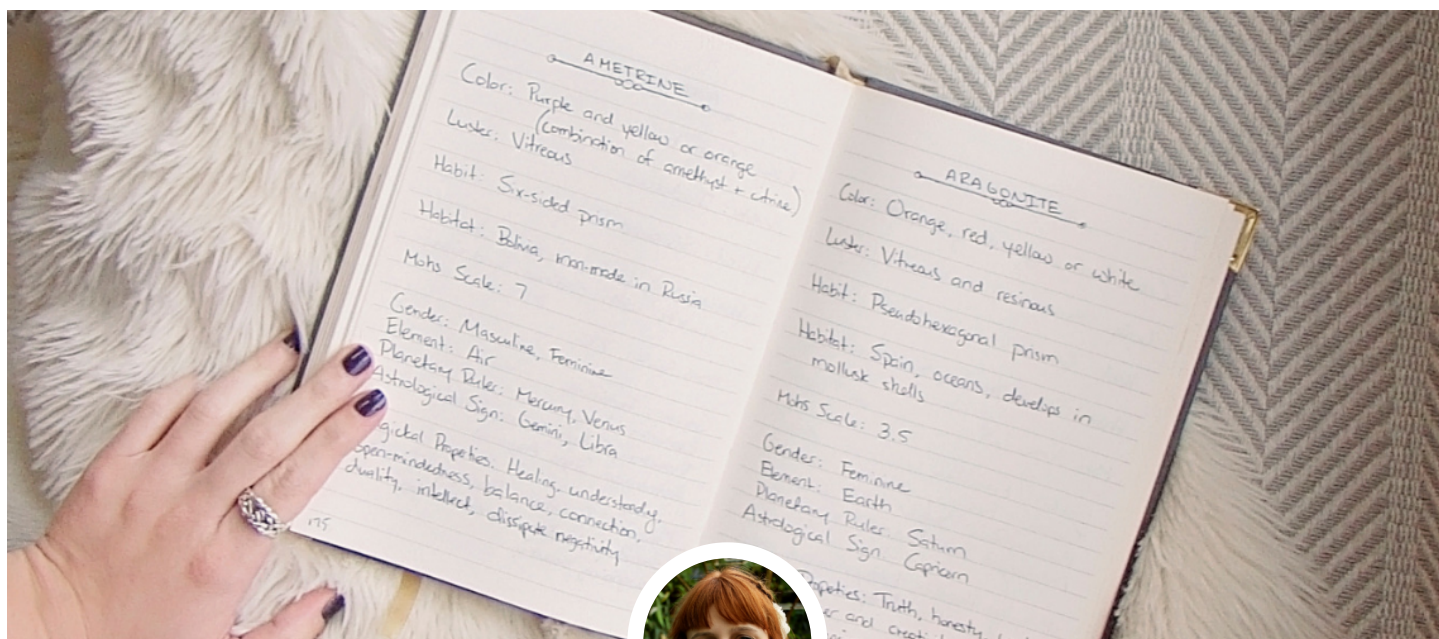
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T.C. STEWART

100 PROMPTS FOR WORKING WITH YOUR GRIMOIRE ON A DAILY BASIS

October 24, 2018 , Grimoires, Herbal Magick, New & Full Moon, Seasons & Sabbats

Your grimoire is a living document. Recording your spiritual practice in a sacred manner is a great way to stay connected to your spirituality. Plus, by recording things like your new moon intentions, rituals and your moods or dreams during certain astrological events, you are creating a way to observe and bear witness to your spiritual path as it evolves. I recommend making your grimoire a part of your daily spiritual practice so that it becomes an innate part of your witchy path.

Sometimes it can be a challenge to find new ways to work with your grimoire though, and then the document becomes stagnant, no longer keeping up with your daily spiritual experience. Once you have recorded the magickal correspondences of your favorite herbs and crystals, astrological signs and a few spells or recipes, you may find yourself stuck as to how to continue working with your grimoire.

100 Prompts FOR WORKING WITH YOUR GRIMOIRE ON A DAILY BASIS



To help you out with that block, here are 100 prompts to kickstart your creativity and get your witchy observations underway:

1. Record information about plants that are native to your area.
2. Get to know your sun sign. How does it manifest in your real life? What house do you have the sun in and what other planets are also in that house? All of these elements affect your astrological

relationship with the sun.

3. Look up your own moon sign, as well as any planets or asteroids in your natal chart that are in the sign of Cancer, (the sign of the moon), and record what you find in your grimoire.
4. Create a page in your grimoire to record the intentions you set at each new moon for the entire year so that you can keep track of your progress.
5. Write out tutorials for particular projects you make often or are interested in making, such as tinctures, infused oils, homemade gin or flower essences.
6. Make natural ink from plants to use when writing in your grimoire. (There is a great tutorial for this in *The Modern Witch's Guide to Lammas* online course!)
7. In addition to individual profile pages for each plant, create indexes of particular traits, correspondences or astrological rulers for easy reference.
8. Record recipes for diffuser blends, tinctures, tea blends, spells and other herbal concoctions and leave space at the bottom to note in a few days, weeks or months, how the recipe's effect turned out.
9. Keep track in your grimoire of where you acquire your favorite versions of each plant. As you practice herbalism regularly, you will discover that you prefer some plants from certain shops over others or from your own garden or not.
10. Rather than simply drawing a picture of the plant on its profile page in its most commonly recognized form, include more detailed drawings as well of the plant as it appears in various seasons and periods of its life cycle.
11. Keep a record of the types of pollinators that visit your garden and research their likes, dislikes and functions.
12. Work with the spring astrological signs of Aries, Taurus and Gemini and record information you find about the energies of these signs in your grimoire.
13. Work with the summer astrological signs of Cancer, Leo and Virgo and record information you find about the energies of these signs in your grimoire.
14. Work with the fall astrological signs of Libra, Scorpio and Sagittarius and record information you find about the energies of these signs in your grimoire.
15. Work with the winter astrological signs of Capricorn, Aquarius and Pisces and record information you find about the energies of these signs in your grimoire.
16. Profile crystals and herbs related to Ostara and Beltane, such as tulips and clover, or rose quartz and aquamarine.
17. Profile crystals and herbs related to the Summer Solstice and Lammas, such as wheat, sunflowers and citrine.
18. Profile herbs associated with Samhain, such as Rosemary, Mugwort and Yarrow.
19. Profile crystals associated with Samhain, such as Bloodstone, Obsidian and Black Tourmaline.
20. Profile crystals and herbs associated with Yule such as garnet and moss agate, or holly and peppermint.

21. Profile crystals and herbs associated with the moon, such as selenite and jasmine.
22. Journaling Prompt: Where do you feel like you shine? In what situation do you feel your best, most brilliant self?
23. Summer is when the sun is at its strongest. Record scientific, metaphysical and astrological information about the sun.
24. Record the steps you take for your Ostara and Beltane rituals and your springtime full moon ritual, so you can refer back to them in future spring seasons.
25. Record the steps you take in your Summer Solstice and Strawberry Moon rituals. It can be very helpful and enlightening in the future to be able to refer back and see what you did and how you felt at the time.
26. Record the steps you take in your Samhain and Blood Moon rituals. It can be very helpful and enlightening in the future to be able to refer back and see what you did and how you felt at the time.
27. Record the steps you take for your Yule and December full moon rituals, so that you can refer back to them in the future.
28. Journaling Prompt: Summer is the season of abundance. What is in full bloom and abundant growth in your life right now? What needs a little extra care to achieve abundance?
29. Meditate or do a card reading outside in the sunshine. Feel the warmth shine down on your skin and record the results of your solar-powered meditation or reading.
30. Now that your garden is in abundant production, record the recipes (culinary, medicinal and otherwise) that you are using your herbs and veggies in.
31. Record information about the energy of the new moon.
32. Start a Lunar Grimoire to keep track of your new moon rituals.
33. Record information about the astrological sign that the moon is currently in.
34. Journaling Prompt: What intentions are you setting at this new moon? What goals are you setting? How do your physical goals and spiritual intentions differ from each other?
35. Record your favorite oils, crystals and herbs to aid in manifestation work for realizing the intentions you set at the new moon.
36. Look up which phase the moon was in when you were born and record information about it.
37. Journaling Prompt: What have you manifested since the last new moon? Did you realize your intentions or goals that you set then?
38. Pull one tarot card every new moon and record it in the same section of your grimoire each month so you can refer back to where you were at for the beginning of each lunar cycle in the year.
39. Record information about the energy of the full moon.
40. Start a Lunar Grimoire to keep track of your full moon rituals.
41. Keep a daily record of particular habits you want to start, such as drinking water, exercising or practicing a morning or evening ritual.

42. If you have pets or a familiar, research any plants that may be harmful for them and record them in your grimoire for safety reference.
43. Record information about the astrological sign that the moon is currently in.
44. Research moon goddesses such as Selene, Diana and Hecate and write in your grimoire information about how they are worshiped.
45. If you commonly suffer from a particular ailment, research which plants and homeopathic remedies exist to treat it and record them in your grimoire. *(Please note: Always consult a doctor for serious or chronic conditions. Do not mix homeopathic remedies with Western medicine and medication without speaking to your doctor first.)*
46. Journaling Prompt: What do you want to celebrate at this full moon? How have you grown and what have you achieved in the last lunar cycle?
47. The new moon is associated with the maiden aspect of the Triple Goddess. Research the maiden and goddesses associated with her and record what resonates with you in your grimoire.
48. Spring is associated with the maiden aspect of the Triple Goddess. Research the maiden and goddesses associated with her and record what resonates with you in your grimoire.
49. Summer is associated with the mother aspect of the Triple Goddess. Research the mother and goddesses associated with her and record what resonates with you in your grimoire.
50. The full moon is associated with the mother aspect of the Triple Goddess. Research the mother and goddesses associated with her and record what resonates with you in your grimoire.
51. Autumn is associated with the crone aspect of the Triple Goddess. Research the crone and goddesses associated with her and record what resonates with you in your grimoire.
52. Write down all of the tools you like to use in moon rituals, including your favorite candles, tarot decks, teas and oil blends.
53. Journaling Prompt: What do you want to release from the past lunar cycle?
54. Sketch out the layout of your garden or planters.
55. Research plants that are native to your area or that you want to grow yourself and record information you find about them, as well as their magickal properties.
56. If you plan to grow plants that you can cook with, write down a few magickal recipes you will be able to use them in.
57. Journaling Prompt: What does rebirth mean to you? Is it the natural cycle of the seasons or something more literal or magickal?
58. Design a tarot spread for spring and record it in your grimoire. Themes for your spread could include rebirth and new growth.
59. Journaling Prompt: What aspect of your spiritual or magickal life do you need to do a little spring cleaning in? What can you clear out to make room for new ideas?
60. Speaking of spring cleaning, record the ways in which you are adding a magickal touch to your cleaning routine, such as saging your home or infusing your cleaning products with your intentions for

the spring season. This can become a ritual in and of itself.

61. You may also want to “spring clean” your grimoire: smudge it with smoke to release any negativity or energy it has collected over the winter and start the season fresh.
62. Record in your grimoire family recipes you make each year during the holidays, such as the family gingerbread cookie recipe. This is perfect for kitchen witches who use their grimoires as recipe books as well.
63. Journaling Prompt: Reflect on the past year and how you have grown in your spiritual journey during that time.
64. Record a favorite holiday story or Yule legend, such as A Christmas Carol or the story of the yule log. Then, each year, you will be able to read this story out loud from your grimoire to create a new holiday tradition.
65. Make plans for the new year in terms of your spiritual journey. What new ideas and techniques do you want to study?
66. Sketch or trace mandalas into your grimoire and color them in. Coloring may be trendy but it really is deeply meditative and relaxing, and mandalas can be very powerful for centering your energy. The perfect activity for a rainy, winter day!
67. Press sprigs of holly leaves, pine or cedar in your grimoire to scent the book with the feeling of the season.
68. Research and record information about gods and goddesses associated with Yule and other winter holidays, such as Saturnalia. You might find a new tradition you feel drawn to.
69. Journaling prompt: What in your life is coming to an end? How do you feel about that?
70. Design a tarot spread for fall or Samhain and record it in your grimoire for future use. Themes for your spread could include letting go of something or connecting with your ancestors/ancestral knowledge.
71. Research traditional witchcraft in your ancestral culture. Are there any particular spells or practices that you can incorporate into your own magick? Record them in your grimoire.
72. Journaling prompt: How does the crone goddess present herself in your own life? Is there someone that you think represents her? How do you relate to her wise and often misunderstood energy personally?
73. Have a favorite fall recipe? Look up the magickal associations of the main ingredients and record the recipe in your grimoire.
74. Sketch a plan for your fall garden, along with how you are physically and spiritually clearing out the garden from summer. Note what the magickal associations of your new fall plants are.
75. Journaling prompt: Fall and Samhain are sometimes associated with inner darkness and understanding that side of ourselves. How do you deal with dark thoughts when they occur? How can you better harness that darkness and turn it into something productive and useful?
76. Carved pumpkins or jack-o-lanterns are a traditional form of protective magick. Sketch out your ideas and final plans for your jack-o-lantern this year in your grimoire! Incorporate protective sigils or

pentagrams into the design for an extra magickal boost.

77. Press fall leaves in your grimoire and try to identify them on the page. What is their significance? What do they represent together and individually for you?
78. Record magickal traditions and superstitions of the cultures that your ancestors came from. Write down spells and rituals you come across, even if they aren't something you would ever practice yourself – having this understanding of where you come from can help you more deeply connect with your own unique magick.
79. Record all of the plants you are starting from seed or planning to put in your garden. You could even sketch out your garden layout, as well as record the magickal correspondences of each plant.
80. Create a dream journal section in your grimoire to record your dreams each morning and the astrological and outside factors that may have influenced them.
81. Have a reading done by a professional tarot, tea leaf or palm reader, and record in your grimoire what they said or predicted about you. Leave space to record in a few weeks or months how their predictions manifested.
82. Develop a daily skincare routine for hot weather and sun exposure and record the routine, as well as recipes for any homemade cosmetics used in the routine.
83. Draw constellations that you see in the sky and record when and where you see them and information about the mythology behind them.
84. Draw your own natal chart and record information about the placement of your planets, signs and houses.
85. Keep a running list of witchy books you are interested in reading and currently reading. Give a brief review of each to refer back to after you have finished them.
86. Record a list of songs and musical artists that put you in a magickal or spiritual mindset.
87. Collage a mini vision board of your intentions on a page spread in your grimoire.
88. Write or sketch out yoga sequences such as custom sun and moon salutations.
89. Draw different crystal formations and record information about their meanings and functions.
90. Explore the ways that the element of air manifests in your life.
91. Explore the ways that the element of earth manifests in your life.
92. Explore the ways that the element of fire manifests in your life.
93. Explore the ways that the element of water manifests in your life.
94. Research other witchcraft traditions than your own to discover what you can learn from them. Explore the labels you have used, those you have shied away from and what that all might mean for the future of your practice.
95. Journaling Prompt: How do you relate to technology in your spiritual life? Do you utilize it or turn away from it? Why or why not?
96. Record a spiritual history of your family, beginning as far back as you are aware. What were the spiritual beliefs of your immediate family and of your ancestors? How did those family traditions

evolve over time and how do the beliefs of others affect your practice today?

97. Lay outside on a partly cloudy day and look for shapes in the clouds. Draw what you see and record what you think it means.
98. Create an index of herbs and crystals so that you can cross-reference them by their many variations of folk names.
99. Create a tarot journal section in your grimoire and write down the meaning of each card and your personal associations and reactions to it. You could also do this for individual oracle decks!
100. Journaling Prompt: What kind of witchcraft do you identify most with and why?

1.



T.C. Stewart

Taurus Sun, Aries Moon, Virgo Rising. I'm the founder of The Witch of Lupine Hollow and I'm here to help you discover your inner witch, develop your daily spiritual practice and manifest your most magickal life!

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